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Understanding Yourself

Inherited Traits

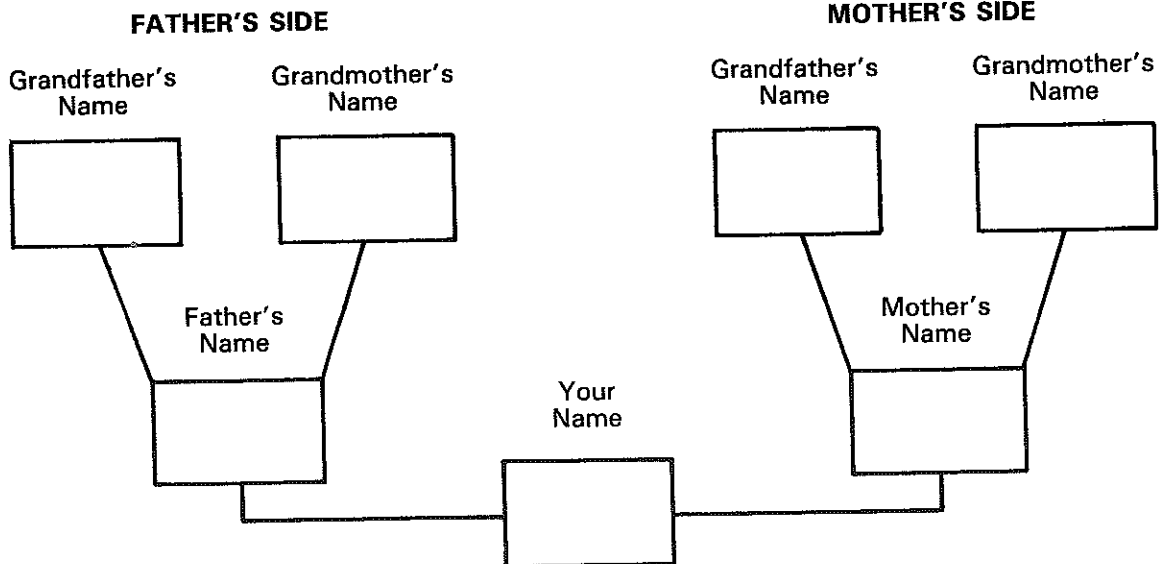
Activity A

Topic 1-1

Name _____

Date _____ Period _____

Complete the family tree below. Then answer the questions that follow to help you identify your inherited traits.



1. How tall are you? _____
2. Who in your family tree is approximately the same height as you? _____
3. Describe your body type. _____
4. Who in your family tree has the same body type that you have? _____
5. What color eyes do you have? _____
6. Who else in your family tree has the same color eyes as you do? _____
7. Describe your hair color and texture. _____
8. Who in your family tree has the same hair color and texture as you? _____
9. What special physical or mental abilities do you have? _____
10. Who in your family tree has influenced these special abilities? Explain how. _____

A Look at Your Positives

Activity B
Topic 1-1

Name _____
Date _____ Period _____

A positive self-concept results when people approve of you and the things you do. Complete the following statements to help you identify situations that have had a positive influence on your self-concept.

1. Some of the things I do well are _____

2. I felt I did a good job when _____

3. I had an opportunity to develop a new skill when _____

4. I did a task to help someone when _____

5. I had someone thank me for my help when _____

6. I was told I'd done a good job when _____

7. I had a positive talk with someone when _____

8. Some activities that I enjoy doing are _____

9. I was proud of myself when _____

10. My sense of humor showed when _____

11. I had an especially good day when _____

12. I was complimented by someone when _____

Havighurst's Developmental Tasks

Activity C

Topic 1-2

Name _____

Date _____ Period _____

Evaluate what steps you have taken to achieve the developmental tasks of teens. Write your response below each task.

1. Task one: How have you developed mature relations with peers of both sexes?

2. Task two: What socially approved sex role have you adopted?

3. Task three: What steps have you taken to take care of your body and insure your health throughout life?

4. Task four: What have you done to become emotionally independent from your parents and other adults?

5. Task five: How do you feel about marriage and children?

6. Task six: What do you want to do immediately following graduation from high school?

What steps have you taken to prepare yourself for this endeavor?

7. Task seven: List three priorities you have in your life.

How do these priorities fit with your goals and societal expectations?

8. Task eight: How would you describe a socially responsible person?

In what ways can this description be applied to you?

Human Needs as Defined by Maslow

Activity D

Name _____

Topic 1-3

Date _____ Period _____

Recalling that most behaviors are influenced by needs, make a list of activities you did yesterday. Write each activity in the space corresponding to the need you were trying to fulfill (either consciously or subconsciously).

Self-Actualization

Esteem

Love and Acceptance

Safety and Security

Physical

Values Inventory

Activity E

Topic 1-3

Name _____

Date _____ Period _____

Write below as fast as you can 15 things that are important to you. You might list things you like to do at home, at school, or in your neighborhood; things you like to do in the spring, summer, fall, and winter; things you like to do alone, with family, and with friends. You might also list some things you would buy if you had some money. Then answer the questions that follow.

Things that are important to me:

1.																			
2.																			
3.																			
4.																			
5.																			
6.																			
7.																			
8.																			
9.																			
10.																			
11.																			
12.																			
13.																			
14.																			
15.																			
	Friendship	Love	Comfort	Security	Safety	Esteem	Beauty	Religion	Adventure	Wealth	Freedom	Health	Family life	Other:					

Now that you have named 15 things that are important to you, look at the values listed at the right. Beside each item you named, place a check (✓) above the values that are most closely related to it.

- Now that you have compared your "likes" to a list of values, can you see any trends? _____
- What values did you check most often? _____
- What factors may have influenced the development of your values? _____
- How might your values change as you get older? _____

Making a Decision

Activity F
Topic 1-4

Name _____
Date _____ Period _____

Work through the following steps in decision making with several other students. Plan for one student in your group to report to the class later.

Step 1: Define the problem.

Joe wants to save money for his college tuition. He has been looking for a job after school. He has been offered a job that is five miles from his home. He will be able to work 20 hours a week. Before he can accept this job offer, he must find transportation to and from work.

Step 2: Establish Joe's goals. _____

Step 3: List Joe's goals in order of importance to him. _____

Step 4: List Joe's resources. _____

Step 5: List the alternatives and the pros and cons of each. _____

Step 6: Make a decision for Joe. Give your reasons for making this decision. _____

Step 7: Describe how Joe will carry out the decision. _____

Step 8: Evaluate the likely results of this decision. _____

